

**Linda Clair**  
**Ten-day Meditation Retreat**  
**Kallara Conference Center, Australia – July 2021**  
**Transcription from Audio Recordings**

**FILE 2A – Day 2 – Introduction to meditation**

Linda: So, take a few deep breaths into your body, into your belly. It's always good to start a sit by doing this, just to reaffirm that this is where I am right now – in my body. It's as simple as that. Whatever you are doing, whether you are sitting, walking, eating, be in your body as much as possible.

Because your whole life is your practice, there's not your daily life and this. This is slightly different because it's a time when you don't have worldly responsibilities, you don't need to have them. But it doesn't mean you're not going to think about them, think about what needs to be done at work, at home. But as much as possible use this time to simply be here in your body, where you are. There is no past, there is no future.

So, take your attention to the top of your head. Feel the sensation on the top of your head. Without thinking about it, without visualising anything, can you feel any sensation? And keep breathing into the belly. Feel the sensation of your eyelids on your eyes. It doesn't matter how it feels. Feel your breath going through your nostrils, your mouth, your tongue, your jaw and your chin. So, we are gradually sinking more and more into the body. It doesn't mean you will necessarily feel relaxed – you might, but sometimes as you go more deeply into the body you will feel tension.

Feel your shoulders, go to your left shoulder and go down your arm to your left hand and feel your hand. Feel your thumb and each finger. Feel your right shoulder and go down your arm to your right hand and feel your hand, your thumb and each finger. Maybe move them gently to really feel them. I am here in my body, nowhere else. And keep breathing into the belly. Take your attention to your chest and, as you breathe in and out through the nose, feel the gentle movement of the chest with the breath. The gentle rising and falling. Then go down to the abdomen. It can get a bit uncomfortable down here, there can be resistance to breathing down here, but persevere. Feel your abdomen rising and falling as your body is breathing.

Feel your thighs, your knees, your feet and your toes. Feel your spine. Every now and again go back to your spine, check your posture. Feel your whole body. You can't be completely in your body and think about it, because as soon as you think, you're not here – not completely here, you're pretending that you're somewhere else. It doesn't matter what you're thinking about. Of course, the mind will try and justify the act of thinking.

So, catch that movement away from your body as soon as you can and bring your attention back, primarily to the breath in the abdomen, without focusing, but using your breath as an anchor in your

body. And I'll just keep saying the same thing over and over. This is not easy. In the end it becomes effortless but to get to that effortless state takes effort!

So, some of you are here for five days, some of you for ten days. I could say, "Pace yourself," or, you could just jump into this because there is no time to waste. So, I'd say, "Jump into this, put everything you've got into this." Don't waste your life thinking about what you're going to do or what you've done. This is it right now.